

Alabama Girls Industrial School Bulletin

Normal Course

IN

PHYSICAL INSTRUCTION

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The Alabama Girls Industrial School requires every pupil to take a course in physical training. The schools in the land have too long neglected this most important feature in education. It is hoped that the day is not far distant when every public school will have physical culture as a regular part of its curriculum.

In order that the pupils of this school may have the opportunity of fitting themselves for teaching this subject, the Director of Physical Culture, Miss Rebecca Funk, and the Assistant Instructor, Miss Beulah Putnam, have prepared a normal course specially adapted for the use of the public schools. This course is presented to members of the Senior class of this school who expect to teach. The outline of the course is published in this issue of the Bulletin. Suggestions and criticisms for the improvement of this outline are respectfully solicited.

Schools desiring copies of this Bulletin can be supplied at reasonable cost.

Introduction

These lessons are designed for school-room work in the public schools, either graded or ungraded. The exercises are simple enough to be readily understood and performed by pupils of any age. They require no apparatus, and very little room, so are easily used in a crowded school. The work tends toward correction of the bad postures frequently acquired in the school-room, and is a recreation, besides being both educational and hygienic.

This book is incomplete without the lesson notes which will be developed by discussions in class, and by experience in practice teaching; and the indoor and outdoor games which are of great value in interesting the children both in school and on the playground.

Each lesson is to be used for two consecutive weeks.

Order of Day's Work

1. Introductory Exercises.
2. Head Exercises.
3. Shoulder, Arm Exercises.
4. Balance Exercises.
5. Trunk Exercises.
6. Leg Exercises.
7. Breathing Exercises.

Unless otherwise stated, there are sixteen counts to each exercise, or eight to the right and eight to the left.

Unless otherwise stated, it is to be understood that each exercise is to be taken from the fundamental standing position; and that the exercise is not complete without a return to the fundamental standing position after the sixteenth count.

Fundamental Standing Position:—the heels are together on the same line; the feet at an angle of 60°; the knees straight but not stiff; the body erect on the hips which are slightly drawn back; the chest well expanded; head erect with chin drawn in; the arms fall of their own weight to the sides; the weight forward on the balls of the feet.

Breathing exercises are given with accompanying arm movements. These arm movements must follow the normal rhythm of breathing which is, inhale, exhale, pause, etc. At inhalation an arm movement is given which will help expand the chest and

allow more air to be taken in. At exhalation the arms return to the starting position, helping the chest to contract and force the air out.

Suggestions

In a two session school, use the exercises in the day's lesson during one session, the game during the other. Neither should occupy more than ten minutes of the time of the session. In a one session school it is well, also, to give the exercises at one time and the game at another. At any time during a session, restlessness and a tendency toward disorder may be relieved in the following way:—have the pupils stand as for the lesson in gymnastics (see fundamental standing position above, also suggestions below for ventilation and distances); at the command "Stretch!" pupils rise on tiptoe, stretching arms upward over head as though trying to touch ceiling; at the command "Relax!" lower the heels, but do not lower the arms, merely relax them slightly but still keep them straight. Repeat several times. The stretching may be taken also with arms sideward shoulder high (see note 4, page 2), pupils trying to touch the walls. These stretching exercises occupy only a minute or two of time. They not only relieve restlessness and fatigue, but tend to correct bad postures. They are often more effective than commands in obtaining a good standing position if used at the beginning of the gymnastic lesson.

See that the room is well ventilated during the period of exercise. Train the pupils who sit nearest the windows to open them promptly when told to take their places for the lesson. If there is a suitable schoolyard, take the pupils out of doors for the lesson whenever possible.

In order to insure plenty of room for exercise, have the class stand at command and lift the arms forward shoulder high to regulate the distance between each by having the finger tips just touch the back of the person in front. Then lift the arms sideward shoulder high. If there is any conflict here, have alternate aisles step forward or backward as needed.

Whenever possible, compare the exercise given with something which some animal does, or something that the child commonly does himself. For example, bending knee upward (as in IV. third lesson, first year) may be compared to the pawing of a horse. "*Good horses paw softly.*" Sometimes the exercise may be likened to the working of a familiar machine, or to the movements of

plants. Be careful not to overwork this idea however. Do not give comparisons that the children will not readily understand, or that are farfetched.

List of Abbreviations

alt.—alternate.	l.—left.
backw.—backward	opp.—opposite; opposite side
cont.—continue	pos.—position
diag.—diagonally	rep.—repeat
downw.—downward	rt.—right
exh.—exhale	sh. h.—shoulder high
ext.—extend	sh.-shs.—shoulder; shoulders
ft.—foot	sidew.—sideward
forw.—forward	str.—straight; straighten
h. h.—hands on hips	tr.—trunk
inh.—inhale	upw.—upward
kn. kns.—knee; knees	w.—with

First Year

FIRST LESSON.

I.	h.h.	IV.	h.h.
point step diag. forw. w. rt.		raise heels	1
ft.	1	lower heels	2
replace ft.	2	cont.	
rep. to rt.	3-4		
rep. and opp.			
II.	h.h.	V.	h.h.
turn head sidew. rt.	1	turn tr. to ra.	1
turn head forw.	2	turn tr. forw.	2
rep. rt.	3-4	rep. rt.	3-4
rep. and opp.		rep. and opp.	
III.		VI.	h.h.
raise arms sidew. sh. h.	1	bend kns. slightly	1
lower arms	2	str. kns.	2
cont.		cont.	

VII.

raise arms sidew. sh. h., inh.....1

lower arms sidew., exh.....2

cont.

GENERAL NOTES.

1. *h. h.*—grasp the waist with the fingers in front and thumbs behind; palms resting flat on the hips; elbows slightly back.
2. *Point step*—the point step is taken in the direction indicated. Only the toe touches the floor; the heel is kept forward and the knee straight.
3. *Turn head sidew.*—the head is turned squarely to the side, so that the face looks directly over the shoulder. Care should be taken not to turn the trunk, lift the shoulder, or bend the head.
4. *Arms sidew. sh. h.*—the arms are sidew. at shoulder level, elbows stiff, palms down, and fingers stretched and close together.
5. *Raising and lowering heels*—the heels are quickly raised from the floor and the pupil stands as high on tiptoe as possible. Then the heels are lowered with moderate speed without tipping the weight forward.
6. *Turning the trunk*—the trunk is turned as far as can be done comfortably. The feet should be kept still and the head should be turned with the trunk. Don't insist upon too much of a turn.
7. *Knee bending*—the knees are spread wide apart and are bent to right angles. A common fault in this pos. is to tip the trunk forw. and the hips backward.

SECOND LESSON.

I.	h.h.	
toes together		1
toes apart		2
	cont.	

II.	h.h.	
bend head forw. on chest		1
raise head		2
rep. forw.		3-4
rep., then bend head backw.	8 counts	

III.		
raise arms forw. sh. h.		1
lower arms		2
rep.		3-4
rep., then raise arms sidew. sh.	h., 8 counts.	

IV.	h.h.	
step forw. w. rt. ft.		1
raise heels		2
lower heels		3
replace ft.		4
	cont.	

V.	h.h.	
	feet apart.	
bend tr. forw.		1
raise tr.		2
	cont.	

VI.	h.h.	
raise heels		1
lower heels		2
	cont.	
See note 5, page 2.		

VII.

raise arms sidew. sh. h., inh.		1
lower arms sidew, exh.		2
	cont.	

See note 4, page 2.

GENERAL NOTES.

1. *Toes together—toes apart*—the heels are kept together; the balls of the feet are lifted and the toes are placed as close together as possible; then the toes are separated until the original position is gained.
2. *Arms forw. sh. h.*—the arms are forw. at sh. level, palms toward each other, sh. width apart, elbows stiff and fingers stretched and close together.
3. *Feet apart*—this is done by taking one short step to the right and one to the left. Later it may be done by one step to the left.
4. *Bend trunk forw.*—the trunk is bent forw. keeping the back flat and the head up. Bend only so far as can be done in good position.

LESSON NOTES.

THIRD LESSON.

I.	h.h.
point step forw. w. rt. ft.....	1
replace ft.	2
repeat rt.	3-4
rep. and opp.	
See note 2, page 2.	

II.	h.h.
bend head to rt.	1
raise head	2
rep. to rt.	3-4
rep. and opp.	

III.	
raise arms backw.	1
lower arms to side	2
cont.	

IV.	h.h.
bend rt. kn. upw.	1
replace ft.	2
rep.	3-4
rep. and opp.	

V.	h.h.
feet apart.	
bend tr. to rt.	1
raise tr.	2
rep.	3-4
rep. and opp.	

VI.	h.h.
raise toes from floor	1
lower toes	2
cont.	

VII.

bend arms upw.	
extend arms sidew. inh.....	1
bend arms upw. exh.....	2
cont.	

GENERAL NOTES.

1. *Bending head sidew.*—without turning the head, bend it directly to the side. Keep the shoulder level; do not lift it to meet the head.
2. *Raise arms backw.*—the arms are raised backw. not too far, the palms toward each other, shoulder width apart, elbows stiff and fingers together and stretched.
3. *Bend knee upw.*—the leg is raised forw. with the hip and knee bent at right angles, toe pointing downward.
4. *Bend trunk to right*—this movement is done with an arch of the spine sidew. The head should not be allowed to fall forw. and should be inclined to the side to complete the arch.
5. *Raise toes from floor*—the toes are raised from the floor, the heels supporting the weight; then the toes are lowered. The body should not rock but should be kept perfectly erect.
6. *Bend arms upw.*—the arms are bent at the elbow, the fingers touch the shoulders as far to the sides as possible. The elbows are kept backw. and in close to the sides.
7. *Extend arms sidew.*—the arms are extended sidew. sh. h. usually from “bend arms upw.” The position secured is the same as “arms sidew. sh. h.”

LESSON NOTES.

FOURTH LESSON.

I.	h.h.	
point step sidew. w. rt. ft.....		1
replace ft.		2
rep. rt.		3-4
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
turn head to rt.		1
turn head forwd.		2
turn head to left		3
turn head forw.		4
	cont.	

See note 3, page 2.

III.	h.h.	
thrust arms sidew. sh. h.		1
h.h.		2
	cont.	

See note 4, page 2.

IV.	h.h.	
raise rt. leg st. backw.....		1
lower leg		2
rep.		3-4
	rep. and opp.	

V.	h.h.	
bend tr. forw.		1
raise tr.		2
	cont.	

See note 4, page 4.

VI.	h.h.	
raise heels		1
bend kns.		2
str. kns.		3
sink heels		4
	cont.	

See note 5, page 2.

See note 7, page 2.

VII.

h. h.

bend head backw., inh.....1

raise head, exh.....2

cont.

GENERAL NOTES.

1. *Raise leg backw.*—one leg is raised backw. with the knee straight and the toe pointed. The trunk is kept erect and the shoulders level. For children allow the trunk to be bent slightly forw.
2. *Bend head backw.*—the head is bent backw. as far as can be done comfortably. As the head is raised the chin should be drawn in.

LESSON NOTES.

FIFTH LESSON.

I.	h.h.	
point step forw. rt.		1
replace ft.		2
point step sidew. rt.		3
replace ft.		4
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
bend head backw.		1
raise head		2
	cont.	

See note 2, page 8.

III.		
bend arms upw.		1
thrust arms st. downw.		2
	cont.	

See note 6, page 6.

IV.	h.h.	
raise rt. leg st. forw.		1
lower leg		2
rep.		3-4
	rep. and opp.	

V.	h.h.	
bend arms upw.		1
turn tr. to rt.		2
turn tr. forw.		3
h.h.		4
	rep. and opp.	

See note 6, page 6.

See note 6, page 2.

VI.	h.h.	
raise heels		1
bend kns. sit on heels		2
str. kns.		3
lower heels		4
	cont.	

See notes 5 and 7, page 2.

VII.

raise arms sidew. sh. h., inh.....1

lower arms sidew. exh.....2

cont.

See note 4, page 2.

GENERAL NOTES.

1. *Raise leg forw.*—one leg is raised forw. until the leg is at right angles to the trunk with the knee and foot extended. Beginners may not be able to raise the leg so high, in which case may they be allowed to raise it a shorter distance and to do the exercise quickly.
2. *Sit on heels*—first the heels are lifted; then the knees are bent until the sitting position is reached. The heels separate slightly.

LESSON NOTES.

SIXTH LESSON.

I.	h.h.	
point step backw. rt.		1
replace ft.		2
rep. rt.		3-4
	rep. and opp.	
See note 2, page 2.		

II.	h.h.	
bend head to rt.		1
raise head		2
bend head to left		3
raise head		4
	cont.	
See note 1, page 6.		

III.	h.h.	
thrust arms backw. & downw.		
	fists clenched	1
h.h.		2
	cont.	

IV.	h.h.	
bend rt. kn. backw.		1
replace ft.		2
	cont. thru 8 counts	
	opp.	

V.	h.h.	
bend tr. to rt.		1
raise tr.		2
bend tr. to left		3
raise tr.		4
	cont. and alt.	
See note 4, page 6.		

VI.	h.h.	
	raise heels	
jump feet apart sidew.		1
jump feet together		2
	cont.	

VII.

raise arms sidew. upw. over head, inh.....	1
lower arms sidew. downw, exh.....	2
cont.	

GENERAL NOTES.

1. *Bend knee backw.*—lift the foot backw. and bend the lower leg hard on the thigh. The thigh should be kept still while the knee is being bent.
2. *Jump feet apart sidew.*—this is done with the heels raised. At 1, jump feet apart sidew. and land on the toes, with the knees slightly bent. At 2, jump the feet together, still on the toes. This should be given with a rapid count, and should always be followed by a breathing exercise.
3. *Arms upw. over head*—the arms are stretched to vertical pos., palms turned toward each other and shoulder width apart.

LESSON NOTES.

SEVENTH LESSON.

I. h.h.
Follow step w. rt. ft.
forw. 4 counts
backw. 4 counts
rep. to left.

II. h.h.
thrust head st. forw. 1
draw in chin forcibly 2
cont.

III.
raise arms forw. sh. h. 1
lower arms 2
raise arms sidew. sh. h. 3
lower arms 4
cont.

See note 4, page 2.

See note 2, page 4.

IV. h.h.
raise rt. leg st. forw. 1
lower leg 2
rep. thru 8 counts.
opp.
See note 1, page 10.

V. h.h.
bend tr. forw. 1
ext. arms sidew. sh. h. 2
h.h. 3
raise tr. 4
cont.

See note 4, page 4.

See note 4, page 2.

VI. h.h.
bend kns., sit on heels 2
str. kns. 3
lower heels 4
cont.

See notes 5 and 7, page 2.

See note 2, page 10.

VII.

bend arms forward.

fling arms sidew., inh. 1

bend arms forw. exh. 2

cont.

LESSON NOTES.

1. *Follow step*—at 1, step in the direction indicated placing the whole foot on the floor. At 2, bring the other foot up and place the heels together.
2. *Bend arms forw.*—the arms bent at the elbows, are lifted sidew. to horizontal position with the elbows drawn backward, the palms turned down, the arms and hand in a straight line, (fling sidew.) From this position the forearms are flung quickly sidew. to arms sidew. sh. h.

LESSON NOTES.

EIGHTH LESSON.

I.	h.h.	
raise rt. toe		1
lower rt. toe, raise left		2
lower left toe, raise rt. toe.....		3
	cont.	

See note 5, page 6.

II.		
turn head to rt.		
bend arms upw.		1
turn head forw.		
h.h.		2
	rep. to left.	
	cont. to alt.	

See note 3, page 2.

See note 6, page 6.

III.		
bend arms forw.		1
fling arms sidw.		2
	cont.	

See note 2, page 14.

IV.	h.h.	
raise rt. leg st. forw.		1
replace ft.		2
bend rt. kn. upw.		3
replace ft.		4
	rep. and opp.	

See note 1, page 10.

V.	h.h.	
neck firm		1
turn tr. to rt.		2
turn tr. forw.		3
h.h.		4
	rep. and opp.	

See note 6, page 2.

VI.	h.h.	
	lift heels.	
jump feet apart forw. and		
backw.		1
(rt. forw., 1 backw.)		
feet together		2
	rep. thru 8 counts	
	rep. w. l. forw. 8 counts	

VII.

raise arms sidw. sh. h., inh.....	1
lower arms sidw. exh.....	2

See note 4, page 2.

GENERAL NOTES.

1. *Neck firm*—the hands are lifted and placed on the neck just below the occiput, elbows carried well backw. and head remaining erect. A common fault is to bring the elbows forw. and compressing the chest.
2. *Jump feet apart forw. and backw.*—this is done with the heels lifted. At 1, a jump is taken which brings one foot forw. and one backw., landing on the toes. At 2, jump with heels together still on the toes.

LESSON NOTES.

NINTH LESSON.

I.	h.h.	
point step forw. w. rt. ft.		1
replace ft.		2
ext. ft. forw., heel touching		
floor		3
replace ft.		4
	rep. and opp.	
See note 2, page 2.		

II.	h.h.	
bend head backw.		
inhale		1
raise head		
exhale		2
	cont.	
See note 2, page 8.		

III.		
bend arms upw.		1
thrust arms st. up over head		2
bend arms upw.		3
thrust arms st. up over head		4
	cont.	
See note 6, page 6.		
See note 3, page 12.		

IV.	h.h.	
raise rt. leg st. sidew.		1
lower leg		2
rep. thru 8 counts; opp.		

V.	feet apart	
bend tr. to rt.		1
raise tr.		2
bend tr. to left		3
raise tr.		4
	cont.	

VI.		
bend kns.		
raise arms forw. sh. h.		1
str kns.		
lower arms		2
	cont.	
See note 7, page 2.		
See note 2, page 4.		

VII.

bend arms forw.	
fling arms sidew., inh.	1
bend arms forw. exh.	2
	cont.

See note 2, page 14.

GENERAL NOTES.

1. *Note on fifth exercise*—the trunk is slowly bent to the side, the hands glide on the legs, the knees remain straight and the head follows the movement of the shoulders.
2. *Raise leg sidew.*—the leg is raised sidew. with the knee straight and the toe pointed. A common fault is to bend the trunk to the opposite side.

LESSON NOTES.

TENTH LESSON.

I.	h.h.	
toes together		1
toes apart		2
	cont.	

See note 1, page 4.

II.	h.h.	
bend head to rt.		1
raise head		2
bend head to left		3
raise head		4
	cont. to alt.	

See note 1, page 6.

III.

raise arms forw. sh. h. open	
and close fists rapidly.	
raise arms sidew. sh. h., open	
and close fists rapidly.	

See note 2, page 4.

IV.	h.h.	
bend rt. kn. upw.		1
replace ft.		2
bend l. kn. upw.		3
replace ft.		4
	cont. to alt.	

See note 3, page 6.

V.	bend arms upw.	
bend tr. forw.		1
ext. arms sidew. sh. h.		2
bend arms upw.		3
raise tr.		4

cont.

See note 4, page 4.

See note 7, page 6.

VI.	h.h.	
lunge forw. w. rt. ft.		1
replace ft.		2
rep.		3-4
	rep. and opp.	

VII.

bend arms upw.

raise elbows sh. h., inh. 1

lower elbows, exh. 2

cont.

See note 6, page 6.

GENERAL NOTES.

1. *Lunge forw.*—a long step forw. is taken, the whole foot is placed on the floor, the knee bent, the trunk and head are kept erect and the backw. leg is straight.

LESSON NOTES.

ELEVENTH LESSON.

I.	h.h.	
raise heels		1
lower heels		2
raise toes		3
lower toes		4

cont.

See note 5, page 2.

See note 5, page 6.

II.	h.h.	
thrust head st. forw.		1
draw in chin forcibly		2

cont.

III.	bend arms upw.	
thrust arms forw. sh. h., fists		
clenched		1
bend arms upw.		2
thrust arms sidew. sh. h., fists		
clenched		3
bend arms upw.		4

cont.

See notes 6 and 7, page 6.

See note 2, page 4.

IV.	h.h.	
raise rt. leg forw.		1
replace ft.		2
raise rt. leg backw.		3
replace ft.		4

rep. and opp.

See note 1, page 10.

See note 1, page 12.

V.	h.h.	
bend arms forw.		1
turn tr. to rt.		2
turn tr. forw.		3
h.h.		4

rep. and opp.

See note 2, page 14.

See note 6, page 2.

VI.	h.h.	
step forw. w. rt. ft.		
raise heels		1
bend kns.		2
str. kns.		3
lower heels		4

rep. and opp.

See notes 5 and 7, page 2.

VII.

raise arms sidew. sh. h., inh.		1
lower arms sidew. exh.		2

See note 4, page 2.

LESSON NOTES.

TWELFTH LESSON.

I.	h.h.	
point step forw. w. rt. ft.....	1	
bend ft. up and touch heel to floor	2	
reperat 1	3	
replace ft	4	
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
bend head forw.	1	
raise head and bend backw....	2	
	cont.	

See note 2, page 8.

III.	h.h.	
clap hands, rt. uppermost.....	1	
clap hands l. uppermost	2	
cont. thru 7 counts		
h.h.	8	
	rep.	

IV.	h.h.	
raise rt. leg sidew.	1	
replace ft.	2	
rep.	3-4	
	cont. and opp.	

See note 2, page 18.

V.	h.h.	
feet apart; face sidew. in aisles touch floor at rt. side w. rt.		
hand	1	
h.h. tr. and head erect	2	
touch floor at l. side w. l.		
hand	3	
h.h.	4	
	cont.	

VI.	h.h.	
lunge sidew. w. rt. ft	1	
replace ft.	2	
	cont and opp.	

VII.

raise arms sidew., diag. upw., inh. 1	
lower arms sidew., exh.....	2

GENERAL NOTES.

1. *Note on third exercise*—clap the hands vigorously with the hands opposite the waist.
2. *Lunge sidew.*—a long step is taken to the side, the knee of the moving leg is bent; the trunk and head are kept erect. The whole foot is placed on the floor and the toe is pointed directly to the side. The backw. leg is kept straight.
3. *Arms sidew. diag. up.*—the arms are raised sidew. up. with the elbows straight and fingers stretched until the diag. pos. half way between “arms sidew. sh. h.” and “arms upw. over head” is reached. In this exercise the palms are turned forw.

LESSON NOTES.

THIRTEENTH LESSON.

I.	h.h.	
step forw. w. rt. ft.		1
raise heels		2
lower heels		3
replace ft.		4
	rep. and opp.	
See note 5, page 2.		

II.	h.h.	
bend head backw., inhale		1
raise head, exhale		2
	cont.	
See note 2, page 8.		

III.	bend arms upw.	
thrust arms sidew. sh. h.		1
bend arms upw.		2
thrust arms down, fists clench-		
ed		3
bend arms upw.		4
	cont.	
See notes 6 and 7, page 6.		

IV.	h.h.	
bend rt. kn. upw.		1
flex. rt. ft.		2
ext. rt. ft.		3
cont. thru 7 counts		
replace ft.		8
	opp.	
See note 3, page 6.		

V.		
bend tr. forw.		
raise arms backw.		1
raise tr.		
lower arms		2
	cont.	
See note 4, page 4.		
See note 2, page 6.		

VI.	h.h.	
	raise heels	
jump feet apart sidew.		1
jump feet together		2
	cont.	
See note 2, page 12.		

VII.

bend arms forw.	
fling arms sidew., inh.	1
bend arms upw. exh.	2
	cont.

See note 2, page 14.

LESSON NOTES.

FOURTEENTH LESSON.

I.	h.h.	
touch rt. heel forw.		1
replace ft.		2
bend rt. kn. and touch rt. toe		
by left heel.		3
replace foot.		4
rep. and opp.		

II.	h.h.	
bend head forw.		1
raise head.		2
bend head to rt.		3
raise head.		4
bend head to left.		5
raise head.		6
bend head backw.		7
raise head.		8
rep. bending to l. after forw.		
bend.		

See note 1, page 6.

See note 2, page 8.

III.		
bend arms forw.		1
fing sidew.		2
cont.		

See note 2, page 14.

IV.	h.h.	
sit on heels.		1
turn head to rt.		1
turn head forw.		2
turn head to left.		3
turn head forw.		4
cont.		

See note 3, page 2.

V.	h.h.	
turn tr. to rt.		1
thrust arms sidew. sh. h.		2
h.h.		3
turn tr. forw.		4
rep. and opp.		

See note 6, page 2.

See note 7, page 6.

VI.	h.h.	
lunge forw. w. rt. ft.		1
replace ft.		2
lunge forw. w. l. ft.		3
replace ft.		4
cont. to alt.		

See note 1, page 20.

VII.

raise arms sidew. sh. h., inh.	1
lower arms sidew. ex.	2

cont.

See note 4, page 2.

LESSON NOTES.

FIFTEENTH LESSON.

I.	h.h.	
step forw. w. rt. ft.		1
follow step w. left		2
raise heels		3
lower heels		4
same backw. rt.		5-6-7-8
	rep. left	

See note 1, page 14.

See note 5, page 2.

II.	h.h.	
turn head to rt., inhale		1
turn head forw., exhale		2
opp.		3-4
	cont. to alt.	

See note 3, page 2.

III.	clench fists	
flex arms strongly, bringing		
fists to shs., holding upper		
arms stiffly at sides		1
straighten arms downw.		2
	cont.	

IV.	h.h.	
bend rt. kn. upw.		1
replace ft.		2
raise rt. leg forw.		3
replace ft.		4
	rep. and opp.	

See note 3, page 6.

V.	h.h.	
	feet apart	
neck firm		1
bend tr. to rt.		2
raise tr.		3
h.h.		4
	rep. and opp.	

See note 1, page 16.

See note 4, page 6.

VI.	h.h.	
raise heels		1
bend kns.		2
kneel		3
sit on heels		4
str. kns.		5
lower heels		6
	rep. 12 or 18 count exercise.	
	See notes 5 and 7, page 2.	
	See note 2, page 10.	

VII.

h. h.

bend head backw., inh.		1
raise head, exh.		2

cont.

See note 2, page 8.

LESSON NOTES.

SIXTEENTH LESSON.

I.	h.h.	
point step forw. w. rt. ft.	1	
replace ft.	2	
point step sidew. w. rt. ft.	3	
replace ft.	4	

rep. and opp.

See note 2, page 2.

II.	h.h.	
turn head slightly to rt.	1	
bend head backw.	2	
raise head	3	
turn head forw.	4	

rep. and opp.

See note 3, page 2.

See note 2, page 3.

III.

Arms forw. sh. h.; let fingers hang limp, and hands limp at wrists. Shake hands vigorously up and down. Same with arms sidew. sh. h., and up over head.

See note 2, page 4.

See note 4, page 2.

See note 3, page 12.

IV.	
claphands over head	1
bend rt. kn. upw.	
clap hands under kn.	2
replace ft.	
clap hands over head	3
bend l. kn. upw.	
clap hands under kn.	4

cont.

See note 3, page 6.

V.	h.h.
bend tr. forw.	
ext. aarms forw.	1
raise tr. h.h.	2

cont.

See notes 2 and 4, page 4.

VI.	h.h.
feet apart, rt. kn. bent,	
weight on rt. ft.	
change weight, bend left knee	
straighten rt. kn.	1
change weight bend rt. kn.	
str. l. kn.	2

cont.

VII.

raise arms sidew., diag. upw., inh. 1

lower arms, exh. 2

cont.

See note 3, page 24.

LESSON NOTES.

SEVENTEENTH LESSON.

I.	h.h.	
cross point step diag. forw.		
w. rt. ft.		1
replace ft.		2
rep.		3-4
rep. and opp.		

II.	h.h.	
turn head to rt.		1
turn head forw.		2
turn head to left		3
turn head forw.		4
cont. to alt.		

See note 3, page 2.

III.		
arms bent, finger tips on sh.,		
elbows sh. h.		1
bring elbows down to sides,		
keeping tips on sh.		2
raise elbows		3
lower elbows		4
cont.		

IV.	h.h.	
bend rt. kn. upw.		1
str. rt. leg backw.		2
bend rt. kn. upw.		3
replace ft.		4
rep. and opp.		

See note 3, page 6.

V.		
raise arms sidew. sh. h.		1
turn tr. to rt.		2
turn tr. forw.		3
lower arms		4
rep. and opp.		

See notes 4 and 6, page 2.

VI.	h.h.	
lunge sidew. w. rt. ft		
ext. rt. arm sidew. sh. h.		1
replace ft.		
h.h.		2
lunge sidew. w. l. ft.		
ext. l. arm sidew. sh. h.		3
replace ft.		
h.h.		4
cont. and alt.		

See note 2, page 24.

See note 4, page 2.

VII.

raise arms sidew., upw., inh. 1

lower arms sidew., downw., exh. 2

cont.

GENERAL NOTES.

1. *Cross point step*—a point step is taken with one foot crossed diag. over the other either forw. or backw. as indicated.

LESSON NOTES.

EIGHTEENTH LESSON.

I.	h.h.	
raise rt. toe		1
lower rt. toe and raise left....		2
	cont.	
See note 5, page 6.		

II.	h.h.	
bend head to rt.		1
raise head		2
bend head to left		3
raise head		4
	cont. to alt.	
See note 1, page 6.		

III.		
arms sidew. sh. h., palms up.		
flex forearms so the fists		
touch the shoulders, keep		
slbows sh. h.		1
straighten arms		2
	cont.	

IV.	h.h.	
raise rt. leg forw.....		1
replace ft.		2
raise rt. leg backw.		3
replace ft.		4
	rep. and opp.	
See note 1, page 10.		

V.	h.h.	
face sidew. in aisles. feet apart		
touch floor at rt. side w. rt.		
hand		1
h.h., erect pos.		2
touch floor at l. side w. l. hand		3
h.h., erect pos.		4
	cont.	

VI.	h.h.	
feet apart, rt. kn. bent, weight		
on rt. ft.		
change weight, bend left knee,		
straighten rt. kn.		1
change wt., bend rt. kn. str.		
l. kn.		2
	cont.	

VII.

raise arms sidew., sh. h., inh.....	1
lower arms sidew. exh.	2
	cont.

See note 4, page 2.

LESSON NOTES.

NINETEENTH LESSON.

I.	h.h.	
toes together		1
toes apart		2
	cont.	

See note 1, page 4.

II.	h.h.	
turn head to rt., inh.		1
turn head forw., exh.		2
	rep. to l.	
	cont. to alt.	

See note 3, page 2.

III.	h.h.	
clap hands, rt. upper-most		1
clap hands, l. upper-most		2
cont. thru 7 counts		
h.h.		3
	rep. starting w. l. upper-most.	

See note 1, page 24.

IV.	h.h.	
raise rt. leg sidw.		1
lower leg		2
raise left leg sidw.		3
lower leg		4
	cont. to alt.	

See note 2, page 18.

V.	feet apart	
bend tr. forw.		1
raise arms sidw. sh. h.		2
raise tr.		3
lower arms		4
	cont.	

See note 4, page 4.

See note 4, page 2.

VI.		
raise heels		
raise arms sidw. sh. h.		1
lower heels		
lower arms		2
	cont.	

See notes 4 and 5, page 2.

VII.

raise arms sidw., upw. inh. 1

lower arms sidw., exh. 2

cont.

See note 3, page 12.

LESSON NOTES.

Second Year

FIRST LESSON.

I.	h.h.	
toes together		1
toes apart		2

cont.

See note 1, page 2.

See note 1, page 4.

II.	h.h.	
bend head forw. on chest		1
raise head		2
cont. thru 8 counts		
bend head backw. 8 counts.		

See note 2, page 6.

III.		
raise arms forw. sh. h.		1
lower arms		2
raise arms sidew. sh. h.		3
lower arms		4

cont.

See note 2, page 4.

See note 4, page 2.

IV.	h.h.	
raise heels		1
lower heels		2

cont.

See note 5, page 2.

turn tr. to rt.		1
turn tr. forw.		2
rep.		3-4

rep. and opp.

See note 6, page 2.

VI.	h.h.	
raise heels		1
bend knees		2
str. kns.		3
lower heels		4

cont.

See notes 5 and 7, page 2.

VII.

raise arms sidew. sh. h., inh. 1

lower arms sidew., exh. 2

cont.

See note 4, page 2.

LESSON NOTES.

SECOND LESSON.

I.	h.h.	
point step forw. w. rt. ft.		1
replace ft.		2
rep.		3-4
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
turn head to rt.		1
turn head forw.		2
rep.		3-4
	rep. and opp.	

See note 3, page 2.

III.		
raise arms backw.		1
lower arms		2
	cont.	

See note 2, page 6.

IV.	h.h.	
raise heels		
raise arms sidew. sh. h.		1
lower heels		
lower arms		2
	cont.	

See notes 4 and 5, page 2.

V.	h.h.	
	feet apart.	
bend tr. forw.		1
raise tr.		2
	cont.	

See notes 3 and 4, page 4.

VI.	h.h.	
	raise heels	
jump feet apart sidew.		1
jump feet together		2
	cont.	

See note 2, page 12.

VII.

	bend arms forw.	
	fling arms sidew. sh. h., inh.	1
	bend arms forw. exh.	2
	cont.	

See note 2, page 14.

LESSON NOTES.

THIRD LESSON.

I.	h.h.	
point step sidew. w. rt. ft.	1	
replace ft.	2	
rep.	3-4	
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
bend head to rt.	1	
raise head	2	
rep.	3-4	
	rep. and opp.	

See note 1, page 6.

III.	h.h.	
ext. arms sidew. sh. h.	1	
h.h.	2	
	cont.	

See note 7, page 6.

IV.	h.h.	
step sidew. w. rt. ft.	1	
raise heels	2	
lower heels	3	
replace ft.	4	
	rep. and opp.	

See note 5, page 2.

V.	h.h.	
	feet apart.	
bend tr. to rt.	1	
raise tr.	2	
rep.	3-4	
	rep. and opp.	

See note 3, page 4.

See note 4, page 6.

VI.	h.h.	
raise heels	1	
bend kns.	2	
str. kns.	3	
lower heels	4	
	cont.	

See notes 5 and 7, page 2.

VII.

raise arms sidew. sh. h., inh.	1
lower arms exh.	2
	cont.

See note 4, page 2.

LESSON NOTES.

FOURTH LESSON.

I.	h.h.	
raise heels		1
lower heels		2
cont. thru 8 counts.		
raise toes		1
lower toes		2
cont. thru 8 counts.		

See note 5, page 2.

See note 5, page 6.

II.	h.h.	
bend head backw.		1
raise head		2
cont.		

See note 2, page 8.

III.		
bend arms forw.		1
fling arms sidw. sh. h.		2
cont.		

See note 2, page 14.

IV.	h.h.	
raise arms sidw. sh. h.		1
bend rt. kn. upw.		2
replace ft.		3
rep. 2-3		4-5-6-7
lower arms		8
rep. w. l. ft.		

See note 4, page 2.

See note 3, page 6.

V.	h.h.	
bend tr. forw.		1
raise tr.		2
cont. thru 8		
turn tr. to rt.		9
turn tr. forw.		10
rep. 9-10		11-12
opp.		13-14-15-16

See note 4, page 4.

See note 6, page 2.

VI.	h.h.	
raise heels		
jump feet apart forw. and		
backw. (rt. forw., l. backw.)		1
jump feet together		2
rep. thru 8 counts.		
l. forw. 8 counts.		

See note 2, page 16.

VII.

raise arms sdw. upw. over head inh. 1

lower arms sidw. downw. exh. 2

cont.

See note 3, page 12.

LESSON NOTES.

FIFTH LESSON.

I. h.h.
 follow step w. rt. ft
 forw. 4 counts.
 backw. 4 counts.
 rep. w. l.
 See note 1, page 14.

II. h.h.
 turn head to rt. 1
 turn head forw. 2
 turn head to left 3
 turn head forw. 4
 cont.
 See note 3, page 2.

III. h.h.
 clap hands w. rt. hand upper-
 most 1
 clap hands w. l. uppermost....2
 alternate thru 7
 h.h. 8
 rep.
 See note 1, page 24.

IV. h.h.
 raise heels 1
 bend kns. 2
 str. kns. 3
 lower heels 4
 cont.
 See notes 5 and 7, page 2.

V. h.h.
 turn tr. to rt. 1
 bend arms upw. 2
 h.h. 3
 turn tr. forw. 4
 rep. and opp.
 See note 6, page 2.
 See note 6, page 6.

VI. h.h.
 raise heels
 jump feet apart sidew. 1
 jump feet together 2
 cont.
 See note 2, page 12.

VII.

bend arms forw.
 fling arms sidew. inh.....1
 bend arms forw. exh. 2
 cont.

See note 2, page 14.

LESSON NOTES.

SIXTH LESSON.

I. h.h.
 point step backw. w. rt. ft. 1
 replace ft. 2
 rep. 3-4
 rep. and opp.
 See note 2, page 2.

II. h.h.
 thrust head st. forw. 1
 draw in chin forcibly 2
 cont.

III. clench fists
 flex forearms strongly, bring-
 ing fists to shoulders, hold-
 ing upper arms stiffly at
 sides 1
 str. arms downw. 2
 cont.

IV. bend arms upw.
 raise heels
 ext, arms upw. over head 1
 lower heels
 bend arms upw. 2
 cont.
 See note 5, page 2.
 See note 3, page 12.

V. h.h.
 bend tr. to rt. 1
 raise tr. 2
 bend tr. to l. 3
 raise tr. 4
 cont. to alt.
 See note 4, page 6.

VI. h.h.
 lunge forw. w. rt. ft. 1
 replace ft. 2
 rep. 3-4
 rep. and opp.
 See note 1, page 20.

VII.

h. h.

bend head backw., inh. 1
 raise head, exh. 2

cont.

See note 2, page 8.

LESSON NOTES.

SEVENTH LESSON.

I.	h.h.	
point step forw. rt.		1
replace ft.		2
rep.		3-4
point step sidw. rt.		5
replace ft.		6
rep.		7-8

See note 2, page 2.

opp.

II.	h.h.	
bend head to rt.		1
raise head		2
bend head to left		3
raise head		4

cont.

See note 1, page 6.

III.	finger tips on shs.	
	elbows sh. h.	
bring elbows down to sides		
(keep finger tips on shs.)		1
raise elbows		2
lower elbows		3
raise elbows		4

cont.

IV.		
raise arms sidw. sh. h.		1
raise rt. leg forw.		2
replace ft.		3
rep. 2-3		4-5-6-7
lower arms		8

rep. to left.

See note 4, page 2.

See note 1, page 10.

V.	h.h.	
bend tr. forw		1
ext. arms sidw. sh. h.		2
h.h.		3
raise tr.		4

cont.

See note 4, page 4.

See note 4, page 2.

VI.	h.h.	
lunge sidw. w. rt. ft.		1
replace ft.		2
rep.		3-4

rep. and opp.

See note 2, page 24.

VII.

raise arms sidw. sh. h., inh. 1

lower arms, exh.....2

cont.

See note 4, page 2.

LESSON NOTES.

EIGHTH LESSON.

I.	h.h.	
raise rt. toe		1
lower rt. toe, raise l.		2
	cont.	

See note 5, page 6.

II.	h.h.	
bend head backw. inh.		1
raise head, exh.		2
	cont.	

See note 2, page 8.

III.	arms sidew. sh. h.	
	fists clenched	
flex forearms so that fists		
touch shs.		1
str. arms		2
	cont.	

IV.	h.h.	
bend rt. kn. upw.		1
replace ft.		2
raise rt. leg backw.		3
lower leg		4
	rep. and opp.	

See note 3, page 6.

See note 1, page 8.

V.	h.h.	
turn tr. to rt.		1
neck firm		2
h.h.		3
turn tr. forw.		4
	rep. and opp.	

See note 6, page 2.

See note 1, page 16.

VI.	h.h.	
standing run in place.		

VII.

raise arms sidew. diag. upw., inh. 1

lower arms sidew., downw., exh.....2

cont.

See note 3, page 24.

GENERAL NOTES.

1. *Standing run i nplace*—this is taken exactly like running in which ground is gained, except that the pupil remains in place. This should be done on the toes, with a quick knee flexion upw.

LESSON NOTES.

NINTH LESSON.

I.	h.h.	
point step forw. w. rt. ft.		1
flex ft. and touch heel to floor		2
repeat 1		3
replace ft.		4
	rep. and opp.	

See note 2, page 2.

II.	h.h.	
turn head to rt.		
bend arms upw.		1
turn head forw.		
h.h.		2
repeat		3-4
	rep. and opp.	

See note 3, page 2.

See note 6, page 6.

III.		
clap hands over head		1
clap hands behind hips		2
	cont.	

rapidly.

IV.		
raise heels,		
raise arms sidew., sh. h.		1
lower heels		
lower arms		2
	cont.	

See notes 4 and 5, page 2.

V.	h.h.	
bend tr. to rt.		1
raise tr.		2
bend tr. to left		3
raise tr.		4
	cont.	

See note 4, page 6.

VI.	h.h.	
lunge forw. w. rt. ft.		1
replace ft.		2
lunge sidew. rt.		3
replace ft.		4
	rep. and opp.	

See note 1, page 20.

See note 2, page 24.

VII.

h. h.

bend head backw., inh.	1
raise head, exh.	2

cont.

See note 2, page 8.

LESSON NOTES.

TENTH LESSON.

I.	h.h.	
follow step forw. rt.		1-2
raise and lower heels		3-4
rep. 3-4		5-6
follow step backw. rt.		7-8
	opp.	

See note 1, page 14.

See note 5, page 2.

II.	h.h.	
bend head forw.		1
raise head and bend backw.		2
	cont.	
	(slow count.)	

See note 2, page 8.

III.	arms sidew. sh. h.	
turn palms upw.		1
turn palms downw.		2
	cont.	

See note 4, page 2.

IV.		
lift heels		
raise arms sidew. sh. h.		1
bend knees		2
str. kns.		3
sink heels		
lower arms		4
	See notes 4, 5 and 7, page 2.	

cont.

V.	bend arms upw.	
bendw tr. forw.		1
ext. arms sidew. sh. h.		2
bend arms upw.		3
raise tr.		4

cont.

See note 4, page 4.

See notes 6 and 7, page 6.

VI.	h.h.	
	mark time.	

VII.

bend arms upw.

ext. arms sidew. sh. h., palms up, inh.....1

bend arms upw., exh. 2

cont.

See notes 6 and 7, page 6.

GENERAL NOTES.

1. *Mark time*—for this use the command “mark time, march!” As soon as the command “mark time” is heard, throw the weight onto the right foot, being careful not to exaggerate the swing of the body to that side; upon hearing “march!” lift the left foot forward as tho to step, but draw it back immediately to position, all in one count. Repeat with the right foot. Continue the movement with one foot and then the other, alternately, in the rhythm of walking, but without gaining ground. Accent slightly with the left foot, but do not allow stamping.

LESSON NOTES.

ELEVENTH LESSON.

I.	h.h.	
point step forw. w. rt. ft.		1
replace ft.		2
point step sidew. w. rt. ft.		3
replace ft.		4

rep. and opp.

See note 2, page 2.

II.	h.h.	
thrust head forw.		1
draw chin in forcibly		2
cont.		

III.		
fling rt. arm forw. upw.		1
lower arm		2
cont. thru 8 counts.		
opp.		

IV.	h.h.	
raise rt. leg sidew.		1
lower leg		2
raise rt. leg backw.		3
lower leg		4

rep. and opp.

See note 2, page 13.

See note 1, page 8.

V.	h.h.	
turn tr. to rt.		1
turn tr. forw.		2
turn tr. to l.		3
turn tr. forw.		4

cont. to alt.

See note 6, page 2.

VI.	raise heels	
jump feet apart sidew.		
raise arms sidew. sh. h.		1
jump feet together		
lower arms		2
cont.		

See note 2, page 12.

VII.

bend arms forw.

fling arms sidew. inh.		1
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bend arms forw. exh.		2
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cont.

See note 2, page 14.

GENERAL NOTES.

Note on Exercise III.—in this exercise, be sure that the elbow is kept stiff and the fingers straight all the time. If there is too much inclination to bend the elbows and wrists, and relax the fingers, have the arm stretched over head before counting for it to be lowered.

LESSON NOTES.

TWELFTH LESSON.

I.	h.h.	
step forw. w. rt. ft.		1
raise heels		2
lower heels		3
replace ft.		4
	rep. and opp.	

See note 5, page 2.

II.	h.h.	
turn head to rt.		1
turn head to left		2
	cont.	
	(slow count.)	

See note 3, page 2.

III.		
raise arms sidew. sh. h.		1
clap hands forw		2
arms sidew. sh. h.		3
clap hands forw.		4
	cont.	

See note 4, page 2.

IV.	h.h.	
raise heels		1
bend kns. sit on heels		2
turn head to rt.		3
turn head forw.		4
turn head to l. and forw.		5-6
str. kns. and lower heels		7-8
	rep. to opp. side	

See notes 3, 5 and 7, page 2.

See note 2, page 10.

V.	h.h.	
face sidew. in aisles—feet		
apart.		
touch floor at rt. side w. rt.		
hand		1
h.h. body erect		2
rep. to left		3-4
	cont. to alt.	

VI.	h.h.	
mark time.		

See note 1, page 58.

VII.

raise arms sidew. upw. over head, inh. 1

lower arms sidew. downw., exh. 2

cont.

See note 3, page 12.

GENERAL NOTES.

Note on Exercise III.—clap the hands in front of the waist, and not opposite the shoulders.

LESSON NOTES.

THIRTEENTH LESSON.

I.	free hand on hip	
	point step forw. w. rt. ft.	
	raise rt. arm forw. sh. h.....	1
	replace ft.	
	lower arm	2
	repeat	3-4

rep. and opp.

See note 2, page 2.

See note 2, page 4.

II.	h.h.	
	bend head to rt.	1
	raise head	2
	bend head to left	3
	raise head	4

cont. to alt.

See note 1, page 6.

III.		
	fling rt. arm forw. over head	1
	lower rt. arm forw. downw.....	2
	cont. and opp.	

See note, page 60.

IV.		
	clap hands over head	1
	raise rt. kn.	
	clap hands under rt. kn.	2
	clap hands over head, replace	
	ft.	3
	raise l. kn.	
	clap hands under l. kn.	4
	cont. to alt.	

See note 3, page 6.

V.	h.h.	
	turn tr. to rt.	1
	bend tr. forw.	2
	raise tr.	3
	turn tr. forw.	4
	rep. and opp.	

See note 6, page 2.

See note 4, page 4.

VI.	h.h.	
	raise heels.	
	hop twice on rt. ft.	1-2
	hop twice on left ft.	3-4
	cont. to alt.	

VII.

raise arms sidew. sh. h., inh.....1

lower arms sidew. exh. 2

cont.

See note 4, page 4.

LESSON NOTES.

FOURTEENTH LESSON.

I. free hand on hip.
 point step sidew. w. rt. ft.
 raise rt. arm. sidew. sh. h.....1
 replace ft.
 lower arm 2
 repeat 3-4
 rep. and opp.
 See notes 2 and 4, page 2.

II. h.h.
 bend head backw., inh. 1
 raise head, exh. 2
 cont.
 See note 2, page 8.

III. h.h.
 neck firm 1
 h.h. 2
 neck firm 3
 h.h. 4
 cont.
 See note 1, page 16.

IV. bend arms upw.
 raise heels
 ext. arms up over head 1
 lower heels
 bend arms upw. 2
 cont.
 See note 5, page 2.
 See note 3, page 12.

V. h.h.
 turn tr. to rt. 1
 ext. arms sidew. sh. h. 2
 h.h. 3
 turn tr. forw. 4
 rep. and opp.
 See note 6, page 2.
 See note 7, page 6.

VI. h.h.
 feet apart; rt. kn. bent,
 weight on rt. ft.
 change wt.
 bend l. kn.
 str. rt. kn. 1
 change wt.
 bend rt. kn.
 str. l. 2
 cont. to alt.

VII.

arms sidew., sh. h., *palms up*.
 raise arms upw. over head, inh.....1
 lower arms sidew. sh. h., exh.....2
 cont.
 See note 3, page 12.

LESSON NOTES.

FIFTEENTH LESSON.

I. free hand on hip.
 point step forw. w. rt. ft.
 raise rt. arm forw. 1
 replace ft.
 lower arm 2
 repeat 3-4; same sidew.
 5-6-7-8
 opp.

See note 2, page 2.

See note 2, page 4.

II. h.h.
 bend head to rt.
 bend arms upw. 1
 raise head
 h.h. 2
 cont. thru 8.

opp.

See note 1, page 6.

III.
 raise arms sidew. sh. h., ...1
 clap hands behind back 2
 raise arms sidew. sh. h. 3
 clap hands behind back 4
 cont.

See note 4, page 2.

IV. h.h.
 bend rt. kn. upw. 1
 ext. rt. leg backw. 2
 bend rt. kn upw. 3
 replace ft. 4
 rep. and opp.

See note 3, page 6.

See note 1, page 8.

V. h.h.
 turn tr. to rt. 1
 turn tr. forw. 2
 bend tr. to rt. 3
 raise tr. 4

rep. and opp.

See note 6, page 2.

See note 4, page 6.

VI. h.h.
 standing run in place.
 See note 1, page 54.

VII.

raise arms sidew. diag. upw., inh. 1

lower arms sidew. down., exh. 2

cont.

See note 3, page 24.

LESSON NOTES.

SIXTEENTH LESSON.

I. h.h.
 point step forw. w. rt. ft. 1
 step with rt. ft. 2
 bring left heel to rt. 3
 repeat backw. 4-5-6
 rep. and opp.
 24 count exercise

II. h.h.
 turn head to rt., inh. 1
 turn head forw. exh. 2
 rep. to left 3-4
 cont. to alt.
 See note 3, page 2.

III.
 bend arms upw. 1
 ext. arms upw. over head 2
 cont.
 See note 6, page 6.
 See note 3, page 12.

IV. h.h.
 raise heels 1
 bend kns.
 ext. arms forw. sh. h. 2
 str. kns.
 h.h. 3
 lower heels 4

cont.
 See notes 5 and 7, page 2.
 See note 2, page 4.

V.
 bend tr. forw.
 raise arms backw. 1
 raise tr.
 lower arms 2

cont.
 See note 4, page 4.
 See note 2, page 2.

VI. h.h.
 lunge forw. w. rt. ft. 1
 replace ft. 2
 lunge forw. w. l. ft. 3
 replace ft. 4

cont. to alt.
 See note 1, page 20.

bend arms forw.
 fling arms sidew., inh. 1
 bend arms forw. exh. 2
 cont.

See note 2, page 14.

GENERAL NOTES.

Note on Exercise I.—this exercise is a combination of the “point step,” and the “follow step,” and is called the “point and follow step.” At first, instead of counting “1-2-3,” it may be well to say “point-step-follow” until the pupils have thoroly grasped the idea.

LESSON NOTES.

SEVENTEENTH LESSON.

I.	h.h.	
cross point step diag. forw.		
w. rt. ft.	1	
replace ft.	2	
rep.	3-4	
rep. and opp.		
See note 1, page 34.		

II.	h.h.	
bend head forw.	1	
raise head	2	
bend head to rt.	3	
raise head	4	
bend head to left	5	
raise head	6	
bend head backw.	7	
raise head	8	
rep., starting to left after forw. bend.		
See note 1, page 6.		
See note 2, page 8.		

III.		
fling rt. arm forw. upw. over head	1	
lower arm	2	
cont. and opp.		
See note — page 60.		

IV.	
clap hands over head	1
raise rt. kn.	
clap hands under rt. kn.	2
replace rt. ft.	
clap hands over head	3
raise l. kn.	
clap hands under l. kn.	4
cont.	
See note 3, page 6.	

V.	
raise arms sidew. sh. h.	1
turn tr. to rt.	2
turn tr. forw.	3
lower arms	4
rep. and opp.	
See note 4, page 2.	
See note 6, page 2.	

VI.	h.h.
mark time.	
See note 1, page 58.	

VII.

raise arms sidew. upw. over head, inh.	1
lower arms sidew. down. exh.	2
cont.	
See note 3, page 12.	

LESSON NOTES.

EIGHTEENTH LESSON.

I.	h.h.	
cross point step diag. back.		
w. rt. ft.	1	
replace ft.	2	
repeat	3	
rep. and opp.		
See note 1, page 34.		

II.	h.h.	
turn head slightly to rt.....	1	
bend head backw.	2	
raise head	3	
turn head forw.....	4	
rep. and opp.		
See note 3, page 2.		
See note 2, page 8.		

III.		
raise arms sidew. sh. h.....	1	
clap hands in front	2	
cont.		
See note 4, page 2.		

IV.	h.h.	
bend rt. kn. upw.	1	
ext. rt. leg abckw.	2	
bend rt. kn. upw.	3	
replace ft	4	
rep. and opp.		
See note 3, page 6.		
See note 1, page 8.		

V.	h.h.	
turn tr. to rt.	1	
bend tr. to rt.	2	
raise tr.	3	
turn tr. forw.	4	
rep. and opp.		
See note 6, page 2.		
See note 4, page 6.		

VI.	h.h.	
mark time, accenting every		
third count.		
See note 1, page 58.		

VII.

raise arms sidew. sh. h., inh.	1
lower arms sidew., exh.	2
cont.	
See note 4, page 2.	

GENERAL NOTES.

Note on Exercise VI.—instead of accenting every other count as in ordinary marking time (*left, right*), accent every third count (1-2-3—1-2-3)

LESSON NOTES.

NINETEENTH LESSON.

I.	h.h.	
step forw. w. l. ft.		1
raise heels		2
lower heels		3
replace ft.		4
	opp. cont. to alt.	
See note 5, page 2.		

II.	h.h.	
bend head to rt.		
bend arms upw.		1
raise head		
h.h.		2
bend head to l.		
bend arms upw.		3
raise head		
h.h.		4
	cont. to alt.	
See note 1, page 6.		
See note 6, page 6.		

III.		
fling rt. arm forw. upw. over		
head		1
lower rt. arm, raise left		2
	cont.	
See note — page 60.		

IV.	h.h.	
raise heels		1
bend kns.		
ext. arms forw. sh. h.		2
str. kns.		
h.h.		3
lower heels		4
	cont.	
See notes 5 and 7, page 2.		
See note 2, page 4.		

V.	h.h. feet apart.	
bend tr. forw.		1
raise tr.		2
bend tr. to rt.		3
raise tr.		4
bend tr. forw.		5
raise tr.		6
bend tr. to l.		7
raise tr.		8
	rep.	
See note 4, page 4.		
See note 4, page 6.		

VI.	march.	
-----	--------	--

VII.

	bend arms upw.	
ext. arms sidew. sh. h., inh.		1
bend arms upw. exh		2
	cont.	

See notes 6 and 7, page 6.

LESSON NOTES.

Third Year

FIRST LESSON.

I. (a) stretching

(b) h.h. .	
point step forw. w. rt. ft.....	1
replace ft.	2
point step forw. w. l. ft.....	3
replace ft.	4

cont.

See note 2, page 2.

II. h.h.

bend head forw. on chest	1
raise head	2
cont. thru 8 counts	
bend head backw.	9
raise head	10

cont.

See note 2, page 8.

III. h.h.

thrust arms sidew. sh. h.....	1
h.h.	2

cont.

See note 4, page 2.

IV. h.h.

raise heels	1
lower heels	2
repeat 1-2	3-4
raise heels	5
bend knees	6
str. kns.	7
lower heels	8
cont. 5-6-7-8	16

See notes 5 and 7, page 2.

V. h.h.

turn tr. to rt.	1
turn tr. forw.	2
rep.	3-4

rep. and opp.

See note 6, page 2.

VI. h.h.

mark time.	
------------	--

See note 1, page 63.

VII.

bend arms forw.

fling arms sidew. sh. h., inh.....	1
bend arms forw., exh.	2

cont.

See note 2, page 14.

GENERAL NOTES.

1. *Stretching*—(a) pupils rise on toes and stretch the arms upw. as tho trying to touch the ceiling, (b) pupils stretch the arms sidew. trying to touch walls.

LESSON NOTES.

SECOND LESSON.

I.	h.h.	
point step sidew. w. rt. ft.		1
replace ft.		2
point step sidew. w. l. ft.		3
replace ft.		4

cont.

See note 2, page 2.

II.	h.h.	
bend head backw.		1
raise head		2

cont.

See note 2, page 8.

III.		
clap hands w. rt. uppermost		1
clap hands w. l. uppermost		2
alt. thru 7 counts		
h.h.		8

rep.

See note 1, page 24.

IV.		
raise heels		
raise arms sidew. sh. h.		1
lower heels		
lower arms		2

cont.

See notes 4 and 5, page 2.

V.	h.h. feet apart	
bend tr. forw.		1
raise tr.		2

cont.

See notes 3 and 4, page 4.

VI.	h.h.	
lunge forw. w. rt. ft.		1
replace ft.		2
cont. thru 8 counts		

opp.

See note 1, page 20.

VII.

raise arms sidew. sh. h., inh. 1

lower arms sidew., exh. 2

cont.

See note 4, page 2.

LESSON NOTES.

THIRD LESSON.

I. free hand on hip
 point step forw. w. rt. ft.
 raise rt. arm forw. sh. h. 1
 replace ft.
 lower arm 2
 repeat 3-4

rep and opp.

See note 2, page 2.

See note 2, page 4.

II. h.h.
 bend head to rt. 1
 raise head 2
 rep. 3-4

opp. 4 counts

bend head backw. 8 counts

See note 1, page 6.

See note 2, page 8.

III.
 bend arms forw. 1
 fling arms sidew. sh. h. 2
 cont.

See note 2, page 14.

IV. h.h.
 bend rt. kn. upw.
 ext. rt. arm forw. sh. h. 1
 replace ft.
 lower arm 2
 cont. thru 8

opp.

See note 3, page 6.

See note 2, page 4.

V. h.h. feet apart
 bend tr. to rt. 1
 raise tr. 2
 rep 3-4

rep. and opp.

See note 3, page 4.

See note 4, page 6.

VI. h.h.
 raise heels 1
 bend kns. 2
 str. kns. 2
 lower heels 4

cont.

See notes 5 and 7, page 2.

VII.

arms sidew. sh. h., palms up.

raise arms upw. over head, inh. 1

lower arms sidew. sh. h., exh. 2

cont.

See note 3, page 12.

LESSON NOTES.

FOURTH LESSON.

I.	free hand on hip.	
	point step sidew. w. rt. ft.	
	raise rt. arm sidew. sh. h.....	1
	replace ft.	
	lower arm	2
	rep.	3-4
	rep. and opp.	
	See notes 2 and 4, page 2.	

II.	h.h.	
	turn head to rt.	1
	turn head forw.	2
	turn head to left	3
	turn head forw.	4
	cont.	
	See note 3, page 2.	

III.		
	clap hands over head	1
	clap hands behind back	2
	cont.	

IV.	bend arms upw.	
	raise heels	
	ext. arms upw. over head	1
	lower heels	
	bend arms upw.	2
	cont.	
	See note 5, page 2.	
	See note 3, page 12.	

V.	bend arms upw.	
	turn tr. to rt.	1
	ext. arms sidew. sh. h.....	2
	bend arms upw.	3
	turn tr. forw.	4
	rep. and opp.	
	See notes 6 and 7, page 6.	
	See note 6, page 2.	

VI.	h.h.	
	lunge sidew. w. rt. ft.....	1
	replace ft.	2
	cont. thru 8 counts	
	opp.	
	See note 2, page 24.	

VII.

	raise arms sidew. sh. h., inh.....	1
	lower arms sidew. exh.	2
	cont.	
	See note 4, page 4.	

LESSON NOTES.

FIFTH LESSON.

I.	h.h.	
step sidew. w. rt. ft.	1	
raise heels	2	
lower heels	3	
replace ft.	4	
rep. and opp.		
See note 5, page 2.		

II.	h.h.	
bend head forw.	1	
raise head	2	
bend head backw.	3	
raise head	4	
cont.		
See note 2, page 8.		

III.	arms sidew. sh. h.	
turn palms upw.	1	
turn palms downw.	2	
cont.		
See note 4, page 2.		

IV.		
raise arms sidew. sh. h.	1	
raise rt. leg forw.	2	
replace ft.	3	
rep. 2-3	4-5-6-7	
lower arms	8	
rep. w. l. leg.		
See note 4, page 2.		
See note 1, page 10.		

V.	h.h.	
bend tr. forw.	1	
ext. arms sidew. sh. h.	2	
h.h.	3	
raise tr.	4	
cont.		
See note 4, page 4.		
See note 4, page 2.		

VI.	h.h.	
run in place.		
See note 1, page 54.		

VII.

bend arms forw.

fling arms sidew. inh.	1
bend arms forw. exh.	2

cont.

See note 2, page 14.

LESSON NOTES.

SIXTH LESSON.

- I. (a) arms sidew. sh. h.
rotate palms.
(b) h.h.
follow step forw. w. rt. ft.....1
backward 3-4
rep. and opp.
See note 1, page 14.

- II. bend arms upw.
turn head to rt. 1
turn head forw. 2
turn head to left 3
turn head forw 4
cont.
See note 3, page 2.

- III.
fling rt. arm forw. upw. over
head 1
lower rt. arm and raise left...2
cont. to alt.
See note —, page 60.

- IV.
step sidew. w. rt. ft.
raise arms sidew. sh. h.....1
raise heels 2
lower heels 3
replace ft.
lower arms 4
rep. and opp.
See notes 4 and 5, page 2.

- V. h.h.
face sidew. in aisles
bend tr. to rt. touch floor w.
rt. hand 1
raise tr. h.h. 2
opp. 3-4
cont. to alt.

- VI. h.h.
raise heels.
jump feet apart sidew.
jump feet together.
cont.
See note 2, page 12.

VII.

- arms sidew. sh. h., palms up.
raise arms upw. over head, inh....1
lower arms sidew. sh. h., exh.....2
cont.

See note 3, page 12.

LESSON NOTES.

SEVENTH LESSON.

I. (a) arms sidew. sh. h.,
open and close fists rapidly.

(b) h.h.
point and follow step
forw. rt. and l. 6 counts
backw. rt. and l. 6 counts
12 count exercise.

See note 4, page 2.

See note — page 70.

II. h.h.
bend head to rt. 1
raise head 2
bend head to left 3
raise head 4

cont.

See note 1, page 6.

III.
raise arms sidew. sh. h. 1
clap hands in front 2

cont.

See note 4, page 2.

IV. bend arms upw.
raise heels
ext. arms upw. over head.....1
lower heels
bend arms upw. 2
See note 5, page 2.
See note 3, page 12.

V. bend arms upw.
turn tr. to rt. 1
ext. arms sidew. sh. h. 2
bend arms upw. 3
turn tr. forw 4
rep. and opp.

See notes 6 and 7, page 6.

See note 6, page 2.

VI. h.h.
lunge forw. w. rt. ft. 1
replace ft. 2
lunge sidew. w. rt. ft. 3
replace ft. 4

rep. and opp.

See note 1, page 20.

See note 2, page 24.

VII.

raise arms sidew. sh. h. inh. 1

lower arms sidew. exh. 2

cont.

See note 4, page 2.

LESSON NOTES.

EIGHTH LESSON.

I.
 step sidew. w. rt. ft. 1
 raise heels
 raise arms sidew. sh. h. 2
 lower heels
 lower arms 3
 replace ft. 4
 rep. and opp.
 See notes 4 and 5, page 2.

II.
 bend head backw.
 raise arms sidew. sh. h. 1
 raise head
 lower arms 2
 cont.
 See note 2, page 8.
 See note 4, page 2.

III. bend arms upw.
 ext. arms upw. over head 1
 bend arms upw. 2
 ert. arms sidew. sh. h. 3
 bend arms upw. 4
 cont.
 See note 6, page 6.
 See note 3, page 12.
 See note 4, page 2.

IV. h.h.
 bend rt. kn. upw.
 ext. rt. arm forw. sh. h. 1
 replace ft
 h.h. 2
 cont. thru 8 counts.
 opp.
 See note 3, page 6.
 See note 2, page 4.

V.
 bend tr. forw.
 raise arms backw. 1
 raise tr.
 lower arms 2
 cont.
 See note 4, page 4.
 See note 2, page 6.

VI. h.h.
 mark time.
 See note 1, page 53.

VII.

raise arms sidew. upw. over head, inh. 1
 lower arms sidew. downw. exh. 2
 cont.

See note 3, page 12.

LESSON NOTES.

NINTH LESSON.

I.

(a) clap hands, rt. upper-	
most	1
clap hands, l. upper-	
most	2

cont.

(b) h.h.	
face sidew. in aisles.	
follow step sidew. w. rt. ft	
.....	1-2-3-4
follow step sidew. w. l. ft.	
.....	5-6-7-8

rep.

See note 1, page 24.

See note 1, page 14.

II.

h.h.

bend head forw.	1
raise head	2
bend head to rt.	3
raise head	4
bend head to left ..	5
raise head	6
bend head backw.	7
raise head	8

rep.

See note 1, page 6.

See note 2, page 8.

III.

fling rt. arm forw. upw. over	
head	1
lower rt. arm, raise l.	2
cont. to alt.	

See note, page 60.

IV.

bend arms upw.

raise heels	1
bend kns.	
ext. arms sidew. sh. h.	2
str. kns.	
bend arms upw.	3
lower heels	4

cont.

See notes 4, 5 and 7, page 2.

V.

h.h.

step forw. w. rt. ft.	
bend tr. to rt.	1
raise tr.	2
cont. thru 8 counts.	

opp.

See note 4, page 6.

VI.

h.h. raise heels

hop twice on rt. ft.	1-2
hop twice on left ft.	3-4
cont. to alt.	

VII.

h. h.

bend head backw. inh.	1
raise head, exh.	2

cont.

See note 2, page 8.

LESSON NOTES.

TENTH LESSON.

I.	free hand on hip.	
	point step forw. w. rt. ft.	
	raise rt. arm forw. sh. h.	1
	replace ft.	
	lower arm	2
	point step sidew. w. rt. ft.	
	raise rt. arm sidew. sh. h.	3
	replace ft.	
	lower arm	4
	rep. and opp.	

See notes 2 and 4, page 2.

See note 2, page 4.

II.	h.h.	
	bend head to rt.	1
	raise head	2
	bend head to left	3
	raise head	4

rep.

bend head backw. 8 counts.

See note 1, page 6.

See note 2, page 8.

III.		
	raise arms sidew. sh. h.	1
	clap hands behind back	2
	cont.	

See note 4, page 2.

IV.		
	step sidew. w. rt. ft.	
	raise arms sidew. sh. h.	1
	raise heels	2
	lower heels	3
	replace ft.	
	lower arms	4
	rep. and opp.	

See notes 4 and 5, page 2.

V.	h.h.	
	turn tr. to rt.	1
	ext. arms sidew. sh. h.	2
	h.h.	3
	turn tr. forw.	4
	rep. and opp.	

See notes 4 and 6, page 2.

VI.	h.h.	
	lunge forw. w. rt. ft.	1
	replace ft.	2
	lunge forw. w. l. ft.	3
	replace ft.	4

cont.

See note 1, page 20.

VII.

	raise arms sidew. sh. h. inh.	1
	lower arms sidew. exh.	2

cont.

See note 4, page 2.

LESSON NOTES.

ELEVENTH LESSON.

I. h.h.
 cross point step diag. forw.
 w. rt. ft. 1
 replace ft. 2
 cont. thru 8 counts.
 opp.
 See note 1, page 34.

II. bend arms upw.
 bend head backw.
 ext. arms sidew. sh. h. 1
 raise head
 bend arms upw. 2
 cont.
 See notes 6 and 7, page 6.
 See note 2, page 8.

III.
 raise arms sidew. upw. circle
 over head 1
 lower arms sidew. downw. 2
 cont.

IV. h.h.
 raise rt. leg sidew.
 ext. rt. arm sidew. sh. h. 1
 replace ft.
 h.h. 2
 cont. thru 8
 opp.
 See note 2, page 18.
 See note 7, page 6.

V. h.h.
 turn tr. to rt. 1
 bend tr. forw. 2
 raise tr. 3
 turn tr. forw. 4
 rep. and opp.
 See note 6, page 2.
 See note 4, page 4.

VI. h.h. feet apart
 rt. kn. bent, wt. on rt. ft.
 change wt.
 bend l. kn.
 str. rt. 1
 change wt.
 bend rt. kn.
 str. l. 2
 cont.

VII.

bend arms upw.
 ext, arms sidew. sh. h., palms up, inh. 1
 bend arms upw. exh. 2
 cont.

See notes 6 and 7, page 6.

GENERAL NOTES.

1. *Arms circle over head*—raise the arms directly upw. bending the elbow and wrist to form a circle over the head. Let the finger tips touch, or the fingers lap, right hand over left but do not clasp the fingers. Have the arms back, and not forw. in front of face.

LESSON NOTES.

TWELFTH LESSON.

I.	h.h.	
point and follow step forw. w.		
rt. ft.	1-2-3	
raise heels	4	
lower heels	5	
repeat w. right		
face other way and rep. twice		
w. l.		
See note — page 70.		
See note 5, page 2.		

II.	h.h.	
thrust head forw.	1	
draw in chin forcibly	2	
cont.		

III.	bend arms upw.	
ext. arms upw. over head	1	
bend arms upw.	2	
ext. arms sidew. sh. h.	3	
bend arms upw.	4	
cont. to alt.		
See note 6, page 6.		
See note 3, page 12.		

IV.		
raise arms upw. circle over		
head	1	
raise heels	2	
lower heels	3	
cont. 2-3	7	
lower arms sidew. downw.	8	
rep.		
See note 1, page 98.		
See note 5, page 2.		

V.	h.h.	
bend tr. forw.	1	
raise tr.	2	
bend tr. to rt.	3	
raise tr.	4	
rep. and opp.		
See note 4, page 4.		
See note 4, page 6.		

VI.	h.h.	
lunge backw. w. rt. ft.	1	
replace ft	2	
cont. thru 8		
opp.		
See note 1, page 20.		

VII.

raise arms sidew. upw. over head, inh. 1	
lower arms sidew. downw. exh.	2
cont.	

See note 3, page 12.

GENERAL NOTES.

1. *Lunge backw.*—as in other lunges, the moving knee (the backw.) is bent; forw. knee straight.

LESSON NOTES.

THIRTEENTH LESSON.

I.

(a) arms sidew. sh. h.
clap hands in front of chest....1
arms sidew. sh. h. 2

cont.

(b) h.h.
raise heels 1
lower heels 2
raise toes 3
lower toes 4

cont.

See note 4, page 2.

See note 5, page 2.

See note 5, page 6.

II.

h.h.

bend head to rt. 1
raise head 2
bend head to left 3
raise head 4

cont.

See note 1, page 6.

III.

h.h. 1
neck firm 2
h.h. 3
neck firm 4

cont.

See note 1, page 16.

IV.

bend arms upw.

raise heels 1
bend kns. 1
ext. arms sidew. sh. h. 2
str. kns. 2
bend arms upw. 3
lower heels 4

cont.

See notes 4, 5 and 7, page 2.

V.

h.h.

ext. rt. arm sidew. sh. h. 1
bend tr. to rt. touch floor 2
raise tr. 3
h.h. 4

opp. cont. to alt.

See note 4, page 2.

VI.

h.h.

lunge sidew. w. rt. ft. 1
replace ft. 2
lunge sidew. w. l. ft. 3
replace ft. 4

cont. to alt.

See note 2, page 24.

VII.

raise arms sidew. diag. upw., inh. 1

lower arms sidew. downw. exh. 2

cont.

See note 3, page 24.

LESSON NOTES.

FOURTEENTH LESSON.

I. bend arms upw.
 raise toes
 ext. arms sidew. sh. h. 1
 lower toes
 bend arms upw. 2
 cont.
 See notes 6 and 7, page 6.

II. h.h.
 turn head to rt. 1
 turn head to left 2
 turn head to rt. 3
 cont. *slow count*.
 See note 3, page 2.

III. arms sidew. sh. sh.
 palms up.
 raise arms sidew. upw. circle
 over head 1
 lower arms sidew. sh. h. 2
 cont.
 See note 4, page 2.
 See note 1, page 98.

IV. h.h.
 lift rt. leg sidew.
 ext. rt. arm sidew. sh. h. 1
 replace ft.
 h.h. 2
 cont. thru 8
 opp.
 See note 2, page 18.
 See note 7, page 6.

V. h.h.
 turn tr. to rt.
 ext. rt. arm sidew. sh. h. and
 point directly toward back
 of room 1
 turn tr. forw.
 h.h. 2
 opp. cont. to alt.
 See note 6, page 2.
 See note 7, page 6.

VI. h.h.
 run in place.
 See note 1, page 54.

VII.

arms sidew. sh. h., palms up.
 raise arms upw. over head, inh.....1
 lower arms sidew. sh. h., exh.....2
 cont.
 See note 3, page 2.

GENERAL NOTES.

1. *Note on Exercise V.*—turn the head and eyes in the direction the hand is pointing. Be sure that the arm is straight, and the fore finger stiff as though actually pointing to some object.

LESSON NOTES.

FIFTEENTH LESSON.

I.

- (a) stretching.
 (b) h.h.
 cross point step diag. backw.....1
 replace ft. 2
 cont. thru 8 counts.

opp.

See note 1, page 78.

See note 1, page 34.

II.

- bend head backw.
 raise arms sidew. sh. h. 1
 raise head
 lower arms 2

cont.

See note 4, page 2.

See note 2, page 8.

III.

- bend arms upw.
 str. rt. arm upw. over head....1
 bend arm upw. 2
 str. l. arm sidew. sh. h. 3
 bend arm upw. 4

rep. and opp.

See note 6, page 6.

See note 3, page 12.

IV.

- raise arms sidew. upw. circle
 over head 1
 raise heels 2
 lower heels 3
 cont. 2-3 thru 7
 lower arms 8

rep.

See note 1, page 98.

See note 5, page 2.

V.

h.h.

- bend tr. forw. 1
 raise tr. 2
 bend tr. to rt. 3
 raise tr. 4
 bend tr. forw. 5
 raise tr. 6
 bend tr. to left 7
 raise tr. 8

rep.

See note 4, page 4.

See note 4, page 6.

VI.

h.h.

- mark time.
 See note 1, page 58.

VII.

raise arms sidew. diag. upw., inh. 1

lower arms sidew. downw. exh. 2

cont.

See note 3, page 24.

LESSON NOTES.

SIXTEENTH LESSON.

I. arms at side.
 point step forw. w. rt. ft.
 raise rt. arm forw. sh. h. 1
 replace ft.
 lower arm 2
 rep. w. l. ft. and arm 3-4
 cont. to alt.
 See note 2, page 2.
 See note 2, page 4.

II. h.h.
 bend head to rt.
 bend arms unpw. 1
 raise head
 h.h. 2
 rep. 3-4
 rep. and opp.
 See note 1, page 6.
 See note 6, page 6.

III.
 bend arms forw. 1
 str. forw. sh. h. 2
 fling sidew. sh. h. 3
 lower arms to side 4
 cont.
 See note 2, page 14.

IV. h.h.
 bend knees
 str. arms forw. sh. h. 1
 str. knees
 h.h. 2
 cont.
 See note 7, page 2.
 See note 2, page 4.

V. neck firm—feet apart
 bend tr. to rt. 1
 raise tr. 2
 bend tr. to left 3
 raise tr. 4
 cont.
 See note 1, page 16.
 See note 1, page 6.

VI. h.h.
 mark time.
 See note 1, page 53.

VII.

bend arms forw.
 fling arms sidew. sh. h. inh. 1
 bend arms forw. exh. 2
 cont.
 See note 2, page 14.

GENERAL NOTES.

1. *Note on Exercise IV.*—in this exercise, the feet should be kept flat on the floor.

LESSON NOTES.

SEVENTEENTH LESSON.

I. h.h.
 point and follow step w. rt. ft
 forw. 1-2-3
 raise and lower heels 4-5
 rep. backw.
 rep. w. left ft., forw. and backw.
 20 count exercise.

See note —, page 70.

See note 5, page 2.

II. h.h.
 turn head slightly to rt. 1
 bend head backw. 2
 raise head 3
 turn head forw. 4
 rep. and opp.

See note 3, page 2.

See note 2, page 3.

III. bend arms upw.
 str. rt. arm upw. over head.... 1
 bend rt. arm upw. 2
 str. l. arm sidew. sh. h. 3
 bend l. arm upw. 4
 rep. and opp.

See note 2, page 14.

IV.
 clap hands over head 1
 bend rt. kn. upw.
 clap hands under rt. kn. 2
 rep. 3-4
 rep. and opp.

See note 3, page 6.

V. h.h.
 turn tr. to rt.
 point directly backw. w. rt.
 hand 1
 turn tr. forw.
 h.h. 2
 rep. to left 3-4
 cont. to alt.

See note 6, page 2.

VI. h.h.
 mark time, accenting every
 third count.

See note 1, page 53.

See note —, page 74.

VII.

raise arms sidew. sh. h. inh. 1

lower arms sidew. exh. 2

cont.

See note 4, page 2.

LESSON NOTES.

EIGHTEENTH LESSON.

I. arms at side.
 point step sidew. w. rt. ft.
 raise rt. arm sidew. sh. h. 1
 replace ft.
 lower arm 2
 rep. to left 3-4
 cont. to alt.
 See note 2, page 2.
 See note 4, page 2.

II. h.h.
 turn head to rt.
 bend arms upw. 1
 turn head forw.
 h.h. 2
 rep. to left 3-4
 cont. to alt.
 See note 3, page 2.
 See note 2, page 14.

III. arms sidew. sh. h.
 raise arms to circle over head 1
 lower arms sidew. sh. h. 2
 cont.
 See note 4, page 2.
 See note 1, page 98.

IV. h.h.
 bend rt. kn. upw. 1
 ext. rt. leg backw. 2
 bend rt. kn. upw. 3
 replace ft. 4
 rep. and opp.
 See note 1, page 6.
 See note 1, page 8.

V. neck firm—feet apart
 bend tr. forw. 1
 ext. arms sidew. sh. h. 2
 neck firm... 3
 raise tr. 4
 cont.
 See note 1, page 16.
 See note 4, page 4.
 See note 4, page 2.

VI. h.h.
 march.

bend arms upw.
 ext. arms sidew. sh. h. inh. 1
 bend arms upw. exh. 2

cont.

See note 6, page 6.
 See note 4, page 2.

LESSON NOTES.

NINETEENTH LESSON.

I. bend arms upw.
raise heels
thrust arms st. up over head....1
lower heels
bend arms upw. 2
 cont.

See note 6, page 6.
See note 5, page 2.
See note 3, page 12.

II.	h.h.	
bend head forw.		1
raise head		2
cont. thru 8		
bend head backw.		1
raise head		2
cont. thru 8.		

See note 2, page 8.

III.

bend arms forw.	1
str. arms forw. sh. h.	1
fing arms sidew. sh. h.	3
lower arms to side	4

cont.

See note 2, page 14.

See note 2, page 4.

IV.	20 count exercise.	
raise arms sidew. upw. over head		1
raise heels		2
bend knees		3
str. kns.		4
lower heels		5
repeah 2-3-4-5	6-7-8-9	
lower arms		10
rep.		
See note 3, page 12.		
See note 5, page 2.		
See note 7, page 2.		

V.	h.h.	
ext. rt. arm sidew. sh. h.....	1	
bend tr. to rt. touch floor.....	2	
raise tr.	3	
h.h.	4	
rep. and opp.		
See note 4, page 2.		
See note 4, page 6.		

VI. h.h.
march.

VII.

raise arms sidew. sh. h. inh. 1
lower arms sidew. exh. 2

cont.

See note 4, page 2.

LESSON NOTES.

